



FACT SHEET

Cut Out Domestic Violence

Helpful Responses to Disclosed or Suspected Abuse

- ❑ Say, "I'm concerned for your safety. There are people who can help you." Share hotline number(s) and other resources.
- ❑ Maintain confidentiality. Reassure the client that you will tell no one else. Speak softly and be discreet.
- ❑ Be non-judgmental. People often do not ask for help because of the fear of being judged.
- ❑ Give information, not advice. You might say, "You can call this confidential hotline and they will help you make a plan." Or, "The local domestic violence program offers free counseling, support groups, and a safe place to stay."
- ❑ Express concern and validate the client's feelings. Just knowing that there is someone to talk to who understands is helpful to victims of abuse. Examples: "He/she had no right to do that to you." "You are not alone." "That sounds really scary." "This must be really difficult for you."

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For more information, visit www.vaag.com or call the
Virginia Family Violence & Sexual Assault Hotline – 1.800.838.8238 (v/tty)